



NOTES

OBSESSIVE-COMPULSIVE DISORDERS

GENERALLY, WHAT ARE THEY?

PATHOLOGY & CAUSES

- Mental disorders characterized by obsessions and/or compulsions
- **Obsessions:** recurrent, intrusive thoughts (often causing anxiety)
- **Compulsions:** repeated, purposeful, ritualistic behaviors (often attempts to alleviate anxiety from obsessions)
- Obsessions/compulsions give feelings of gratification but affect day-to-day life

CAUSES

- Genetic, often associated with psychiatric comorbidities
- Can lead to depressive/substance use disorders

SIGNS & SYMPTOMS

- Obsessions, compulsions causing distress

DIAGNOSIS

- Presence of obsessions, compulsions
- Not caused by other condition/substance

TREATMENT

MEDICATIONS

- Selective serotonin reuptake inhibitors (SSRIs), other antidepressants

PSYCHOTHERAPY

- E.g. cognitive behavioral therapy



VISIT...

LANZAROTE
Caliente.COM

BODY DYSMORPHIC DISORDER

osms.it/BDD

PATHOLOGY & CAUSES

- Characterized by an obsessive belief that one's appearance is flawed
- Can cause compulsive behaviors (e.g. excessive grooming)

CAUSES

- Genetic, environmental; linked to issues with serotonin neurotransmitters

SIGNS & SYMPTOMS

- Obsessive belief that one's appearance is flawed
- Compulsive behaviors in response
- Distress affects day-to-day functioning

DIAGNOSIS

- Not caused by other condition/substance

TREATMENT

- No consensus on optimal treatment

MEDICATIONS

- SSRIs and other antidepressants

PSYCHOTHERAPY

- Cognitive behavioral therapy

BODY FOCUSED REPETITIVE DISORDERS

osms.it/repetitive-disorders

PATHOLOGY & CAUSES

TYPES

Excoriation disorder

- Characterized by compulsive skin-picking
- Can lead to infection/tissue damage

Trichotillomania

- Characterized by compulsive hair-pulling

CAUSES

- High comorbidity with other mood disorders; stress-related
- Trichotillomania: genetic

SIGNS & SYMPTOMS

- Purposeful skin-picking (excoriation) or hair-pulling (trichotillomania) with associated damage
- Causes distress in other areas of life

DIAGNOSIS

- Not explained by any other condition/substance

TREATMENT

- No consensus on optimal treatment

MEDICATIONS

- SSRIs and other antidepressants

PSYCHOTHERAPY

- Cognitive behavioral therapy

OTHER INTERVENTIONS

- Physical prevention (e.g. covering exposed skin or hair)



Figure 97.1 An individual with excoriation syndrome and numerous, small skin sores caused by constant skin scratching and picking.

OBSESSIVE-COMPULSIVE DISORDER

osms.it/OCD

PATHOLOGY & CAUSES

- Characterized by obsessions and/or compulsions
- Obsessions, compulsions vary in scope, type

CAUSES

- Genetic, environmental; linked to issues with serotonin neurotransmitters

SIGNS & SYMPTOMS

- Obsessions (e.g. with germs, unsafeness) and/or compulsions (e.g. repeated hand-washing, checking stove burner)
- Distress affects day-to-day functioning

DIAGNOSIS

- Obsessions and/or compulsions
 - Must be time consuming (affecting day-to-day life)
 - Must not be caused by effects of a substance or other medical condition
- Not explained by other condition/substance

TREATMENT

MEDICATIONS

- SSRIs, other antidepressants

PSYCHOTHERAPY

- E.g. cognitive behavioral therapy (exposure and response therapy)